

American Red Cross
LIFEGUARD TRAINING COURSE
Queen Anne Pool October 9th-28th 386-4264

Instructors: Teresa Faulkner

Time: M&W 7:30-10:30pm, and Sat. 3:30-6:30pm

Dates: Pretest Saturday, September 23rd or 30th , 11:30 am

Class dates: October 9th-October 28th.

Participants must attend all sessions to be eligible for certification

Cost: \$90 + book + pocket mask

Prerequisites: Must be 15yrs old before the end of the class

Must pass the pre-course swim test on September 23 or 30th.

Book: *Lifeguarding Training Manual (stock # 655720)*

American Red Cross

206-323-2345

Queen Anne Pool has a limited supply of books on hand so call or come in and reserve your copy now! \$34.95

COURSE OUTLINE & READING ASSIGNMENTS

Please read assigned chapters before class.

Mon. Oct. 9	<u>Reading</u> Chapter 1, The Professional Lifeguard and Injury Prevention, complete review questions <u>Skill Session</u> - Entries and Approach
Wed. Oct. 11	<u>Reading</u> Chapter 2, Patron Surveillance and Emergency Preparation, complete review questions <u>Skill Session</u> - Emergency Response- Rescue Skills
Sat. Oct. 14	<u>Reading</u> Chapter 3, Rescue Skills, complete review questions <u>Skill Session</u> Rescue Skills
Mon. Oct. 16	<u>Reading</u> Chapter 4, Before Providing Care and Breathing Emergencies, complete review questions <u>Skill Session</u> - Breathing Emergencies
Wed. Oct. 18	<u>Reading</u> Chapter 5, Cardiac Emergencies, complete review questions <u>Skill Session</u> - Active and Passive Drowning Rescues, CPR
Sat. Oct. 21	<u>Reading</u> -Chapter 6, First Aid, complete review questions <u>Skill Session</u> Rescue Skills, Breathing Emergencies And CPR
Mon. Oct. 23	<u>Reading</u> - Chapter 7, Caring For Head, Neck, and Back Injuries in the Water, Complete review questions <u>Skill Session</u> -Spinal Injuries – Rescue Skills, Breathing Emergencies and First Aid
Wed. Oct. 25	<u>Reading</u> - Chapter 8, Course Review and Caring For Head, Neck, and Back Injuries in the Water, <u>Skill Session</u> -Spinal Injuries – Rescue Skills, Breathing Emergencies and First Aid
Sat. Oct. 28	Review Spinal Injuries – Rescue Skills, Breathing Emergencies and First Aid Final Testing